

THE VEGAN BOWLS



PLANT BASED COOKING SCHOOL

Curated by the team at Coconut Bowls

COURSE CURRICULUM

Welcome to Vegan Bowls Plant-Based
Cooking School

Your World-Class Host

About Vegan Bowls

10 Tips to Succeed

Shopping List

4-Week Weekday Eating Plan

Module - Produce

How to Build an Herb Garden

How to Begin Composting

The Importance of Organic
Produce

How to Source Great Produce

What to do with our Food Waste

Module - Culinary Skills

Knife Skills

Kitchen Essentials

How to Store your Fresh Produce

Kitchen Organisation, Meal
Planning, Food Prep & Kitchen
Care

Module - Cooking Basics

Salt, Fat, Acid and Heat

Spice - Make your own Mexican
Spice

Sauce - Make your own Vegan
Mayo

Module - Dips and Sauces

Basil Pesto

Hummus

Beetroot Hummus

Guacamole

Cashew Cream

Module - Snacks

Flat Bread

Crackers

Oven Baked Fries

Popcorn Cauliflower

Grazing Board

Module - Breakfast

Smoothie Bowl "OG Acai Bowl"

Chia Pudding with Green Smoothie

Overnight Oats

Breakfast Granola

Banana Pancakes

Breakfast Scramble

Module - Lunch (Light Meals)

Rice Paper Rolls

Buddha Bowls

Homemade Gluten-Free Gnocchi

Pesto Pasta

Burger

Module - Mains

Easy Asian Stir Fry

Nasi Goreng (Fried Rice)

Pad Thai (Noodles)

Curry

Lasagna

Lentil Bolognese

Pizza

Burrito Bowl

Tacos

Cauliflower Steak

Module - Desserts

Nice Cream

Mousse

Cheesecake

Bliss Balls

Brownies

Course Completion

Questionnaire